

Want to Quit Smoking?

We want to help you succeed!



Smoking is the #1 risk to your health. Although it may be tough, there are many health benefits when you stop using tobacco. You can save money too! The information below can help you find a cessation program that is best for you. Don't give up! Most people try to quit about 7 times before they succeed.

Tobacco Cessation Services Available in Stark County

Ohio Tobacco Quit Line

800-QUIT NOW (784-8669)

FREE counseling & support

Online self help: <http://Ohio.quitlogix.org>

Tobacco-Free You

Mercy Medical Center - Pulmonary

Rehabilitation Department

330-430-2759 for next set of classes

Free 6 week program

Fresh Start

Alliance Community Hospital - Tobacco

Cessation Department

330-596-7125 for next set of classes

Free 3 week program

"Give It Up!"

Aultman Hospital - Cardiac Rehabilitation
Department

330-363-QUIT (7848)

Free 6 week program

Additional Resources:

"Self Help" Materials

Stark County Health Department

330-493-9904

www.starkhealth.org

www.smokefree.gov

www.quitnet.com

www.becomeanex.org